



# PARTICIPANT INSTRUCTIONS 2023

*(read me pretty please)*

## PACKET PICKUP

Packet pickup, and on-site registration will be available at the dates and times below. We recommend you get your bib number and swag prior to race day to save time and relieve stress!

Please know your personal bib number assignment when you arrive to collect your bib number and race swag!

You can find your bib number by going to <https://events.racewire.com/beach-and-back/> and clicking "Bib Lookup" on the home page.

In-person registration will be available at packet pickup and on race morning. \*Cash and check only\*

- **Saturday (5/13) 12 - 4 PM**
  - o Sun & Ski Sports Bike Shop (296 Old Oak St. Pembroke, MA)

**Sun & Ski will be offering an in-store discount to participants during packet pickup!**

- **Race Day (5/14) starting at 6:30 AM**
  - o Registration area on Ocean St in Brant Rock, bearing right on Island Street (277 Ocean St. Marshfield, MA)

**If you wait to pick up on race day, there will be NO gear pick up prior to the race!** Bib pick up will be available before the race, and swag pick up will be available after the race.

Note: Friends CAN get your packet, but they must know your bib number. No swag will be mailed.



## SWAG

While we always want to be able to give everyone every piece of swag possible, we did have swag cutoffs for the 5K T-Shirt and Half Marathon Hoodie. If you didn't make the swag cutoffs, come see us at Registration after the race to claim any leftover swag!

*5K T-shirt/Half Marathon Hoodie deadline: must register by 4/15/22*



## RACE MORNING SCHEDULE

6:30 AM - Registration opens

7:30 AM - Half Marathon starts



8:00 AM - 5K starts

Start/Finish Location: Brant Rock esplanade (approx. 277 Ocean St. Marshfield, MA)

## PARKING AND SHUTTLES

Participant parking will be at Gov Ed Winslow School (60 Regis Rd. Marshfield, MA). Shuttles will be provided from the school to the Brant Rock esplanade and back to the school after the race. Shuttle buses will run continuously from 6:30 AM to 1 PM.

It is about a 10 minute ride from the parking lot to the start/finish lines. Please plan accordingly and leave extra time for yourself in the morning!

There will be no parking at the start/finish line on the Brant Rock esplanade and absolutely no parking at the businesses in Brant Rock. Please be respectful of our business and residential neighbors!

## COURSE

There will be water stops approximately every other mile on the course. Gatorade will be available near miles 3 and 8.

**PLEASE NOTE** – the roads are not completely closed to traffic, so **please run safe and stay to the right!**

Course maps are at the end of this document, and interactive course maps are available at <https://events.racewire.com/beach-and-back/>

## COURSE MARKING

Always follow the directional arrows with the Beach and Back logo on them. They will be posted at key points on the course including turns and straightaways. In addition, there will also be orange spray chalk on the ground to help you navigate the course, as well as a few designated volunteers directing you when to turn.

**PLEASE follow the directional arrows and RUN SAFE! Stay to the right at all times and watch out for traffic.**



## BAG DROP

There will be a baggage drop near the registration area.

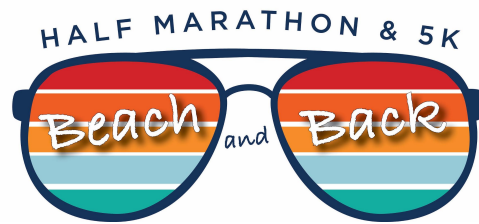
**Note: The bag drop will operate under the honor system.**

## PORTA POTTIES

There will be porta potties on the esplanade near the start/finish. We will also have two porta potties at two separate locations out on the course.

## COURSE MAPS

**Half Marathon**



## Beach and Back ½ Marathon May 14, 2023





5K

